LISTING OF CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application.

- 1. (Previously Presented) A method for constructing a part of a tooth using a hardened object, said method comprising:
 - (i) forming a hardenable object into a shape suited for reconstructing part of a tooth from a microwave curable polymer composition; and
 - (ii) using a hand held microwave source to apply microwave energy to intra-orally harden said hardenable object.
- 2-32. (Canceled).
- 33. (Previously Presented) A method for forming a hardened object comprising:
 - (i) forming a hardenable object from a microwave curable composition; and
- (ii) using a hand-held microwave source to apply microwave energy to intra-orally harden said hardenable object.
- 34-36. (Canceled).
- 37. (Previously Presented) A method for forming a hardened object comprising:
- (i) forming a hardenable object from a microwave curable composition, said object when cured comprising a dental prosthesis or an orthodontic element, and
- (ii) using a hand-held microwave source to apply microwave energy to intra-orally harden said hardenable object.
- 38-41. (Canceled).